

**AN ASSESSMENT OF UPASHAYATMAKA EFFECT OF DHANYAK
HIMA IN GARBHINI CHHARDI - A CASE STUDY****Vd. Kawale Sarita Manikrao^{1*}, Vd. Mapsekar Shruti² and Vd. Mhaske Rajesh³**

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ABSTRACT

Acharya Shushruta and Madhavnidankara have explained chhardi is the impurities come out of mouth with forceful impulses covering the face and producing tearing pain in body. When udanavayu join with vyanvayu, impelling doshas aggravated by the use of incompatible food forces upwards. In aagantuja chhardi various causes mentioned, one of the most important cause is Douhridini in garbhini avastha. Ayurvedic classics have mentioned Garbhini Chardi as one among the Vyakta garbha lakshanas, which can be correlated with emesis gravidarum. When Chhardi is seen as a Vyatka Garbha lakshanas there is no harm on growing foetus and mother. But when it is seen in excess it becomes pathological where early intervention is needed to prevent this, as it causes severe dehydration, tiredness, weight loss etc.

Vomiting in the early weeks of pregnancy is very common. If it is not correct the simple vomiting it leads to severe. So one should take care to treat this condition in initial stage and prevent complications. Hence the topic is selected.

KEYWORDS: Chhardi, Garbhini chhardi, Emesis gravidum, Dhanyak, Hima.

INTRODUCTION

Acharya Charaka has explained in chhardi that the patient has intended to induce vomiting to expel out vitiated kapha & pitta.^[1] Chhardi is Gastro-Intestinal disorder characterized by

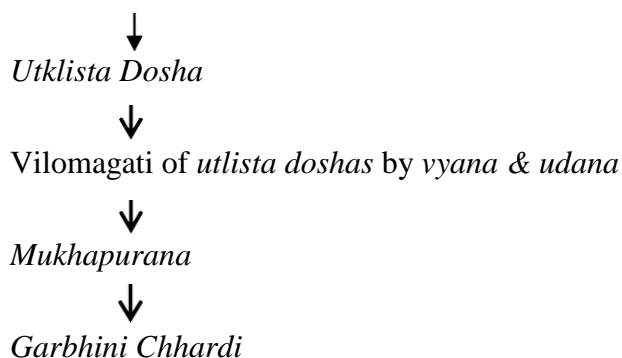
bouts of vomiting, nausea, pain and black outs. *Chhardi* is patho- physiological condition where the sufferer is exposed to particular predisposing factors for vomiting and as a result he suffers from the particular sign. In *chhardi* five types are mentioned *vataj*, *pittaj*, *kaphaj*, *sannipatik*, and *aagantuja*. In *aagantuja chhardi* caused by abhorrent, *douhrudini*, *amadosa*, sudden change from suitable *desha* and *krimi*.^[2]

Ayurvedic classics have mentioned *Garbhini Chardi* as one among the *Vyakta garbha lakshana*^[3], which can be correlated with emesis gravidarum. Emesis Gravidarum is a worldwide common obstetrical problem seen in the first trimester of pregnancy in about 50% of pregnant women. Nausea and vomiting tend to be worse in the morning termed Morning sickness, they frequently continue throughout the day.^[4] *Acharya Vagbhata* explains types of *Chardi* and mentioned *Dwishtardhajanya* as one classification of *Chardi* and also explained *Dauhrida* as a cause of *Chardi*.^[5] *Acharya Hareeta* has considered *Chardi* as one of the *Upadrava* of *garbha*.^[6] *Acharya Kashyapa* has explained that there is no difference of the physical and psychological disorders of a pregnant woman from any other individual.^[7]

Nidanas will lead to vitiation of *Kaphadosha* and *Pitta dosha* which in turn vitiate *Vata* which forces the *Doshas* to move in upward direction leading to *Chhardi*.^[8] During pregnancy, *Nidanas* like *Garbha peedana* together with lack of proper *Garbhini Paricharya* resulting in *Agnimandya*. *Manasika hetu* like *Douhrida avamana* can lead to *Vatavruddhi* and may also lead to *Agnimandya* causing *Kaphadushti*. The *Kaphadushti* together with the *Pitta dushti* will lead *Utklishtata* of *Dosha* or *Aamasanchaya*. These *Utklishta doshas* can cause *Avarodha* to the *Gati* of *vata* which in turn brings about *Kshobha* to *Amashaya*. The *Utklishta doshas* are expelled out through the mouth by the action of *Udana* and *Vyanavata* resulting in *Chhardi*.^[9]

Samprapti of Garbhini chhardi

Garbha vrudhi & Douhrauda Avamana



Dhanyaka^[10]

Latin name: *Coriandrum sativum* Linn, **Family:** Apiaceae (Umbelliferae)

Gana: *Trushnanigrahana, guduchyadi Sheetaprashamana, Haritakyadivarga, Shatapushpadivarga*

Rasata: *Kashaya, tikta, katu, madhura,*

Vipak-Madhur, Veerya-Ushna Guna: *Laghu, Snigdha, Ushna,*

Karma: *Deepan, hrudya, Pachan, Tridoshagha, Chhardihara, krimighna, Dahashaman, Pipasaghna.*^[11]

Doshaghnata: *Snigdha, ushna guna- vatashaman, Kashaya, tikta, madhur – Pittashaman, Tikta, katu, ushna – Kaphashaman*

धन्यक रास तृच्छदी ज्वरहृच्छ क्षुण्ण हितम् ।

आयुक्तिक मधु हृदय दीनान्नाचनम् ॥ध. नि. ६७^[१२]

AIM AND OBJECTIVES

- To understand etiology of *chhardi* in *garbhini*.
- To understand the pathogenesis of emesis gravidarum in *ayurvedic* perspective.
- Assessment of *samprapti-bhanga* of *garbhini chhardi* by *dhanyak hima*.

MATERIALS AND METHODS

All the classical *Ayurvedic*, Modern literature and Contemporary texts including the websites about the disease and treatment will be reviewed and documented for the intended study.

Preparation of Dhanyak Hima

The herbs are soaked in cold water overnight for preparing a cold infusion. The herbs are prepared in other forms as well such as *Churna* (Powders), *Guti* (Pills) and *Vati* (Tablets).

Dhanyak Churna 20mg added in 120ml cold water in storing Copper containers or Silver containers overnight. After that, next morning contents are rubbed with hands and filtered with the help of cloth.^[13]

ETIOLOGICAL FACTORS OF GARBHINI CHHARDI

According to *Ayurveda* *hetus* of *chhardi* vyadhi are mentioned in various *granthas*, *samhitas*.

- 1) **Madhavnidan:** Atidrava (excessive liquids), Ati-snigdha (unctuous), Ahrudhya, Ajeerna, Lavana ras pradhan (excessive salty food), Shram, Bhaya (fear), Krimi, Akale-

atimatrasyaahar, Asatmyaaahar, Vibhatsa-darshan, Douhrudini avastha.^[14]

- 2) **Charka Samhita:** Excessive intake of medicines having tiksna (sharp) attributes, grief, disease, fear, fasting are hetu of vataja chhardi. As a result of intake of food before the previous meal is digested or taking pungent, sour, vidahi (which cause burning sensation) and cold diet are factor of pittaja chhardi. As a result of the intake of unctuous, excessively heavy, ama (raw/uncooked) and vidahi (causing burning sensation) food and because of excessive sleep and similar other factors are kaphaja chhardi. When a person vomits, as a result of mental disgust occasioned by sense contact with despicable, antagonistic unclean, putried, unholy and loathsome odour, diet or sights are factors explained as Dwishtarhasamyogaja chhardi.^[15]
- 3) **Sushruta Samhita:** Excessive liquids, fatty substances, disgusting items and salty articles. Taking food unsuitable, at improper time and in excessive quantity. Exertion, fasting, agitation, indigestion, helminthic infestation, during pregnancy in women, eating hurriedly and presence of excessive ama.^[16]

The causative factors described in modern science are responsible for *garbhini chhardi* are as follows...

Etiology of emesis gravidarum are described in below

- Unknown etiology, rising levels of HCG
- Estrogen, progesterone, Psychological component.^[17]

CASE REPORT

A 23 yrs. old female Patients complaining of vomiting 8-10 episodes, nausea, morning sickness, generalized weakness and scarred about pregnancy.

Investigation

Date: 18/09/2017- **Hb.**-9.8gm/dl

Blood group- A positive,

HbsAg- non reactive,

HIV- Negative,

VDRL- non reactive,

Urine routine: routine & microscopic- nil

RESULT

Date	Blood pressure	Sign & Symptoms	Treatment
15/09/2017	90/60 mm of Hg	Vomiting 10-12times Nausea, morning sickness, generalised weakness, Loss of appetite.	I.V. fluid + Inj. Ondem 4mg IV Inj. Pan 40mg IV stat given
18/09/2017	100/68 mm of Hg	Vomiting 8-10 times in day Nausea, morning sickness Loss of appetite	Tab. Folvite 5mg OD <i>Dhanyak hima</i> frequently 10ml
12/10/2017	106/72 mm of Hg	Vomiting 4-5times Nausea ↓	Tab. Folvite 5mg OD <i>Dhanyak hima</i> frequently 10ml
18/10/2017	110/70 mm of Hg	Vomiting 2 times in a day, increase appetite	Tab. Folvite 5mg OD <i>Dhanyak hima</i> frequently 10ml continued.

DISCUSSION

Garbhini Chhardi is patho-physiological condition where the sufferer is exposed to particular sign. Dhanyak by the virtue of its constituent rasa, guna, veerya, vipaka, performs tridosha shaman. Amashaya is said to be the seat of pitta dosha and also uttapti of chhardi. Due to presence of kashaya, tikta and madhur rasa in dhanyak it helps in shaman of pitta and also makes aamashayasthith pitta vishada enhancing the deepana property of jatharagni and with katu rasa combination with the other rasas, it helps in pachana of the consumed food, hence allowing a very faint margin for the samprapti of chhardi roga to take place. Dhanyak hima has been properties of hrudya, deepana, rochan, pachan, Tridoshagha by samprapti bhanga in garbhini chhardi. Since dhanyak hima is safe for use during pregnancy, one can use it as a drug of choice to relieve garbhini chhardi.

CONCLUSION

Dhanyak hima found to be useful in management and prevention of garbhini chhardi. Dhanyak hima having properties like hrudya, deepana, rochan, pachan, Tidoshagha and hence useful in sampraptibhanga of garbhini chhardi.

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